

THE GOOD LIFE

The Newsletter of the Nanaimo-Ladysmith Retired Teachers' Association

June 2023

The 2023-2024 Executive

President	Sylvia Malthouse
Secretary	Geri Sumner
Treasurer	Mike Ireland
Past President	Les Ellis
Membership	Ellen Ellis
Heritage	Nelson Allen
Programs	Jacque Thompson
Catering	Tricia Barnes
Sunshine	Cheryle Sosnowski
Member at Large	Carol Baird-Krul
News	Les Ellis
Website	Mike Ireland

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President's Report 2023

Previous to COVID our To Hell With the Bell celebration was a breakfast in a room at a local restaurant. Space was limited so it was attended by new retirees, the association executive and previous retirees who brought a new retiree with them. Keeping the same attendance format, with the arrival of COVID, we switched to an outdoor boxed lunch provided by the caterers who do our regular lunches throughout the year. This September, because of the easing of restrictions, we invited all of our members to join the new retirees for an outdoor box lunch. The weather cooperated and we had the largest turnout for To Hell With The Bell in more than a decade. (We did have an indoor contingency plan if it was needed.)

Our delegation attended the BCRTA AGM. Shishona Austin from the Burnaby School District discussed the indigenous perspective in the classroom. Sue Lantz presented five practical strategies for healthy aging. Noel Bentley, the third keynote speaker, expanded on taking a chance to tell your own story. The most important outcome of the AGM was the vote to raise the annual membership fee by \$10, beginning in September 2023.

We have four luncheons each year. In October and December the members' meal costs are paid for by the Association and in return the members make a donation to the Nanaimo Schools Foundation Scholarship Fund. As well, there are 50/50 draws to raise money for the local food bank.

At the October luncheon we had Margaret Murphy, Storyteller, present her original biographical story called "The Hummingbird of Peace: The story of Warigari Maathai"

In December the musical trio "Ukululus" entertained with a variety of Christmas classics.

Our March luncheon was well attended as many of the provincial executive were present along with Lisa Hanson from Johnson Insurance.

Stephanie Koropatnick from the provincial Heritage Committee was there after viewing our heritage collection with provincial committee member and our own heritage coordinator, Carol Baird-Krul.

President Arnie Lambert talked about the BCRTA and its different actions to improve the lives of all seniors. Second Vice-President, Dave Scott, discussed the Advantage Program and the many bargains available to our members. Lisa went through the recent changes to the insurance options available through Johnson's.

After eight years this is my last report and we will have a new president for the coming year.

Les Ellis

New President's Message

First of all, I want to thank Les Ellis for his past 8 years of service as President of our NLRTA. Les has kept us up to date with BCRTA information, actions and

activities, with information about our pensions, our health and travel Insurance, BCRTA Committee Reports, and local zone meeting reports. He maintained communication with other Branches. Les has managed our lively luncheons. With dignity and aplomb, Les has led our often spirited (inevitable when you get a group of opinionated teachers together!) executive meetings. In addition, Les has kept us informed with the publication of our regular newsletter. Significantly, while many other Branches of the BCRTA went dormant during the many months of the Covid-19 epidemic, Les kept us connected, informed and actively involved with the BCRTA. This was no small feat and for this our many members owe him a debt of gratitude. Thank you Les.

It is my turn now to try to fill the big shoes left by our past president. With this legacy in mind, I thank you for the privilege of serving as your new President. I will do my best to serve the NLRTA to the best of my ability. With the help of our newsletter editor and past president, Les Ellis, I will strive to ensure that you are kept informed of important, interesting and relevant news about our local branch, the BCRTA and its many committees, our pensions and our members.

Our June 6 th AGM resulted in some reshuffling of our executive roles. That said, we continue to have an excellent team of dedicated, committed, and hard working individuals serving on our executive. I am certain that with their leadership our NLRTA will continue to serve its members well.

One of the sad legacies of the Covid-19 pandemic was a sense of isolation, the loss of many group activities and the loss of connection with others. It is my hope that we will be able to increase the cohesion and involvement of our members with the NLRTA and the BCRTA through some additional social activities, as well as through our ongoing, delicious, and highly interactive luncheons.

But this is not simply my hope. It is also a response by the Executive to our many members who have expressed an interest in getting together with other retired teachers more frequently. With this goal in mind, we have launched a members' Interest Group initiative. Only your shared interests and the willingness of some of our members to take on the role of coordinating an Interest group limit the list of possible groups. We encourage you to look at the list of potential Interest Groups outlined in an earlier email. If you feel you would be willing to coordinate a group please put your name forward. If you would like to join a group, do let us know. Your new ideas and your involvement are most welcome.

On September 5th, I encourage you to join us in welcoming this year's new Retirees for our "To Hell with the Bell" box lunch social at Cavalotti Hall. Keep an eye on our digital newsletter for registration information in August.

Our next regular NLRTA luncheon will be held on October 3rd. I invite you to attend and look forward to seeing many of you there.

Finally, your comments, suggestions and input are important to us, so please contact a member of the executive if you have a concern or something to share. Thank you for your voice and for your support for what is first and foremost YOUR Retired Teacher's Association.

Sylvia Malthouse